

**“INDIANA SMOKERS WANT TO QUIT”**

Quitting smoking is difficult to do and it often takes many attempts before smokers successfully quit<sup>[1]</sup>. With nearly 1.1 million adult smokers in Indiana, it is important to highlight the resources that are available to smokers who need help to quit smoking. The latest information on smokers' attempts to quit, including the methods that they use to try to quit smoking, comes from the 2006 Indiana Adult Tobacco Survey.

- In 2006, 29 percent of current smokers reported that they intended to quit smoking within the next 30 days.



- Approximately 52 percent of current smokers attempted to quit smoking through a variety of methods within the last year.



- In the past year, 12 percent of adult smokers successfully quit.



- The most commonly used method for quitting was stop-smoking medications, such as nicotine patches or nicotine gum.



- The top reason for wanting to quit, given by current smokers and recent quitters, was concern about their future health at nearly 86 percent.



## “SMOKERS NEED ENCOURAGEMENT TO QUIT”

Over one third of smokers who visited a health professional in the past year said that their health professional gave them some form of advice to stop smoking. The most common form of advice given, at 25 percent, was for use of stop-smoking medications.



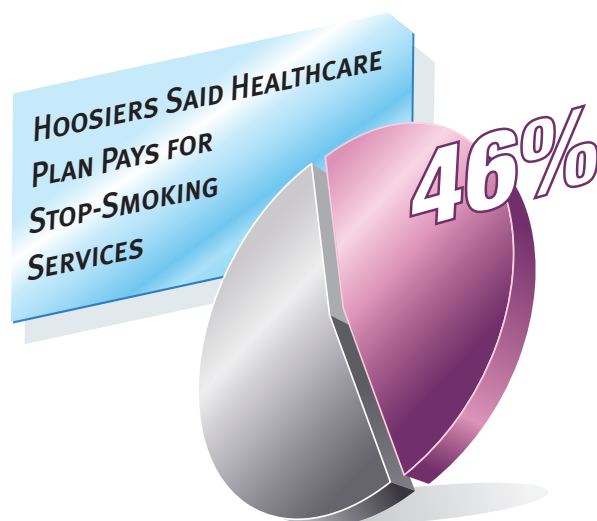
- In 2006, 54 percent of smokers said they were aware of local programs or clinic services to help them quit smoking.



- 37 percent of current smokers were aware of the Indiana Tobacco Quitline (1-800-QUIT-NOW).



- About 46 percent of Hoosiers with healthcare coverage said that their healthcare plan pays for stop-smoking services.



Many adult smokers in Indiana want to quit smoking but need help and encouragement to successfully quit. State and local resources are available for smokers who want to quit, including the Indiana Tobacco Quitline (1-800-QUIT-NOW) and the Indiana Tobacco Prevention and Cessation Control Program Community Resource Center (<http://www.in.gov/itpc/community.asp>).

In addition, since many stop-smoking services and medications are covered by healthcare plans, smokers can contact their doctors for help to quit smoking.

<sup>[1]</sup>Centers for Disease Control and Prevention. Fact Sheet: Cessation (Updated November 2007). Accessed November 9, 2007. ([http://www.cdc.gov/tobacco/data\\_statistics/Factsheets/cessation2.htm](http://www.cdc.gov/tobacco/data_statistics/Factsheets/cessation2.htm)).